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Rainmen
player accused
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THE OPPOSITE OF
WHAT I SAIDINDUSTRY MINISTER
APOLOGIZES
FOR 'INSENSITIVE'
COMMENT

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GO FOR
A SKATE,
MATE?

Skaters make the rounds at the Emera Oval on Monday afternoon during its first official day for skating this season. The oval, which draws tens of thousands of skaters each year to the Halifax Common, saw its opening pushed back to Monday because of the weekend storm. Story, page 3

JEFF HARPER/METRO



Storm cleanup under scrutiny

Packing on the gripes.

Residents appear mostly displeased with new sidewalk-clearing service on peninsula

The first snowstorm of the season was moderately intense — but it was nothing compared to the storm of public fury over HRM's sidewalk-clearing

efforts.

Regional council voted in September to provide snow removal on peninsula sidewalks, rather than leaving it up to residents.

However, the responses suggest the city's efforts fell short.

"Thanks for clearing my sidewalk #hrm my 4 yr old really enjoyed falling on his butt on the hill of ice outside our house. #bruisedtailbone," posted Twitter user Hali-Famous on Monday. "Nice sunny days

day — one of several people to lash out online.

HRM's acting winter-works superintendent said cold temperatures before the storm limited the ability of salt to prevent "pack ice" from forming when the snow changed over to rain.

"After we plowed the roads ... that rain hits the surface, it pulls the frost out of the ground and creates that layer of pack ice," explained Darrin Natalino on Monday. "Nice sunny days

Slip-sliding

33

Number of traffic accidents in HRM during Monday's morning commute, according to HRP and RCMP.

... will help get that surface temperature up which activates that salt."

Police responded to several

accidents in HRM during the morning commute, none of which were serious. An advisory from Halifax police just before Monday's evening commute warned that the 102 was a "sheet of ice," resulting in several more accidents.

Natalino said there were at least 200 pieces of equipment on the job at the height of the storm Sunday, and said crews are still working to clear streets and sidewalks.

"We have a countless number of contractors actively engaged, so they are out there, they are salting," he said. "We service those new sidewalks to the exact same level that we serviced all the sidewalks that we previously did."

Although Capital Health can't track injuries precisely, a spokesperson said 19 of 121 emergency room visits on Monday were related to slip and fall incidents. RUTH DAVENPORT/METRO

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'I've been waiting for this for so long': Young skater

Lace 'em up. Emara Oval opens for new season on Monday

 **HALEY RYAN**
haley.ryan@metronews.ca

Dozens of people laced up their skates for a spin around the Emara Oval during its official opening day on Monday.

Young families, couples and skaters of all ages bundled up against below-zero temperatures and a stiff wind to visit the outdoor skating rink in Halifax.

"I'm excited," 19-year-old Jessica Aurini said of her first visit as she pulled on skates. "I've been waiting for this for so long."

Aurini said she likes having the oval in Halifax because it's a great way for people to get out of the house and have something to do with friends over the winter.

Many people said the bright sunshine made a perfect skating day, despite the wind.

Schedule, regulations

Visit halifax.ca/skateHRM for the public skate schedule and rental regulations.

Lauren Marlin, 18, said she was glad the conditions turned out "so much nicer" than Sunday's snowstorm.

"I haven't gone that much in the past season, so this season I want to get a head start and go a lot," Marlin said with a smile. "It's free, it's fun."

HRM's Dan Corbett was keeping track of those visiting the oval, and said 56 people had used the skating rink by just before 1 p.m. Monday.

Evan MacNeil, 32, said he and his wife were visiting from Cape Breton and wanted to go skating with an international student who was staying with them.

"In winter the instinct is to stay indoors, people like to hunker down ... but it's so fun if you're prepared and dressed warm," MacNeil said through a



Skaters take in the first public skate on the Emara Oval on Monday afternoon. **JEFF HARPER/METRO**

ski mask. "Nothing beats it."

He said the venue is a great way to draw people into Halifax.

"Sydney's supposed to get

some kind of outdoor solution too, but we're waiting to see if that'll happen," he said.

The oval is now open daily for public skates depending

on the weather and ice conditions. A New Year's Eve party has been planned with a DJ, fireworks and open skate until midnight.

Forecast says ... don't put away those shovels



People, like this man in Dartmouth, were clearing out Monday from the storm. **JEFF HARPER/METRO**

As Halifax residents cleared driveways, sidewalks and streets on Monday, Environment Canada issued a special weather statement about a low pressure system that's expected to develop near Cape Cod on Tuesday and track northeastward towards Nova Scotia Tuesday night.

"We are looking at a system developing around the Great Lakes area ... and potentially

coming across and affecting the Maritimes overnight Tuesday and into Wednesday," said senior meteorologist Paula Sutherland.

The system hadn't formed on Monday, making it difficult to be precise, but Sutherland said it appears it will bring another moderate-sized helping of snow to HRM.

"Right now, models are indicating about five to 10

Centimetres
49.3
The average snowfall at Halifax Stanfield International Airport, in centimetres, for the month of December

centimetres across most of the province," she said. "It's a little early to nail down the

numbers ... but those are the indications right now."

The special statement suggests the storm will bring snow for most of the mainland beginning Tuesday evening over southwestern areas with a change over to rain along the Atlantic coastline overnight.

The snow is expected to persist through most of Wednesday. **RUTH DAVENPORT/METRO**

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SWEAT

Halifax Rainmen player faces assault charge after club clash

Late-night alteration.

Former St. Francis Xavier X-Men star's history of violence includes an assault conviction for a 2009 beating

 **PHILIP CROUCHER**
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A member of the Halifax Rainmen is in trouble with the law.

Team owner Andre Levingston confirmed Monday that 27-year-old Tyler Richards of Halifax has been charged by police after Metro learned of an incident at Taboo night club on Sunday morning.

Halifax Regional Police spokesman Const. Pierre Bourdages wouldn't provide the name of the person charged as the incident hadn't been sworn in by the courts, but he did say officers were called to the downtown

bar at 3:20 a.m. regarding a 22-year-old woman who alleges she was assaulted by a 27-year-old man inside the nightclub.

The man was arrested and held in custody overnight. He is charged with a single count of assault and due in court in January.

Richards has had one previous encounter with the law. A former star with the St. Francis Xavier X-Men men's basketball team, Richards saw his final varsity season end prematurely when he and two teammates were charged after a man was punched and kicked during a fight in February 2009.

Richards was sentenced to fourth months of house arrest in April 2010 on a single

Road trip

Team owner Andre Levingston said it was too early to say if Tyler Richards would be accompanying the team on its road trip this week.

count of assault causing bodily harm.

Levingston said he's trying to figure what happened in the alleged incident as he said he only learned about it when contacted by Metro.

"It's concerning to us," he said. "But we have to do our own investigation."

Richards is in his second full season with the Rainmen and usually comes off the bench.

Few details

"It's concerning to us.... But we have to do our own investigation."

Halifax Rainmen owner Andre Levingston, who says he's still trying to figure out what happened in an incident that resulted in the arrest of one of his players



Tyler Richards of the Halifax Rainmen, shown in this photo from last year, is facing an assault charge following an alleged incident at a downtown bar over the weekend. **JEFF HARPER/METRO FILE**

Police looking for new info in woman's disappearance



Divers search nearby lakes in search of Leonette Marie Purcell in 2004.

HALIFAX DAILY NEWS FILE

RCMP are looking for new information on the disappearance of Leonette Purcell that might give her family closure, nine years after the 56-year-old woman went missing.

Purcell has not been seen since she vanished from her Grand Lake home on Dec. 16, 2004, and police did an extensive search of the surrounding area and lake.

Cpl. Scott MacRae, a RCMP spokesman, said Purcell's disappearance is considered suspicious.

"It makes it even more unique because never ... finding Mrs. Purcell, that in itself is an obstacle police have to overcome," MacRae said.

Police say Purcell's personal banking and communications devices have not been accessed since her disappearance.

They are also interested in finding two men who were seen on a security camera at the Enfield Irving Big Stop, calling Purcell's home the morning she disappeared.

MacRae said it's important

In limbo

"People move on ... but it has to be hard when you don't have those answers." Cpl. Scott MacRae

to remind the public of these cases because someone can remember a small but important detail, or someone could change their mind about offering up information.

Although it's been nine

years since Purcell's disappearance and that period of time "definitely doesn't help" investigations, MacRae said the file is active and "very much open."

"The loved ones of Ms. Purcell certainly would seek some form of closure," MacRae said. "People move on, that's how life works, but it has to be hard when you don't have those answers."

Anyone with information on Purcell's disappearance is asked to contact police.

HALEY RYAN/METRO



George Canyon **CONTRIBUTED**
with his tour manager in Lloydminster on Saturday

for a performance of The Huron Carole in the city that evening.

The pilot then took off for High River, south of Calgary, but the Cessna 210 slammed into the ground shortly after takeoff and slid into a house.

"I have just lost a dear friend who was not just an aviation buddy, we shared an interest in sports and often played hockey together," Canyon said in a statement released Sunday.

THE CANADIAN PRESS

Missed court date

Police looking for alleged drug thief

An arrest warrant was issued Monday for a 24-year-old Cape Breton man charged with stealing drugs from the Cape Breton Regional Hospital in October. Kurt Daniel Gould is charged with assault, mischief by causing damage to the drug cupboard at the hospital, and theft of narcotics. **CAPE BRETON POST**

Accessory after the fact

Hearing date set for Cape Breton man in 2012 murder case

A 50-year-old Cape Breton man is to return to provincial court in January to set a date for a preliminary hearing on charges including accessory after the fact to murder.

Robert Edwin Matheson of Glace Bay is charged with being an accessory in con-

nexion with the murder of 21-year-old Laura Catherine Jessome in May 2012.

Jessome's body was found inside a hockey bag along the shores of the Mira River. Matheson is alleged to have aided in the disposal of the body.

Two other men are charged with second-degree murder in connection with Jessome's death.

The date for a preliminary hearing is scheduled for Jan. 6.

CAPE BRETON POST

Slammed into a house

George Canyon's friend, fellow pilot dies in plane crash

Country music star George Canyon says he's devastated to learn his friend and fellow pilot crashed into a house and died shortly after flying him to a show in northeastern Alberta.

Canyon's publicist, Anya Wilson, says the Nova Scotia singer was dropped off

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An exhibit detailing the story of the MS St. Louis's voyage in May 1939. GRANT MURRAY DESIGN/HANDOUT/THE CANADIAN PRESS

Ship of Fate tells dark chapter of history

Travelling exhibit.

MS St. Louis, carrying hundreds of Jews fleeing Nazi Germany, was denied entry by several countries including Canada

It's a dark chapter in Canadian history, one that raises questions of a potentially anti-Semitic climate in Canada on the eve of the Second World War.

But the story of the MS St. Louis's voyage in May 1939 is one that should nevertheless be told, said Gerry Lunn, curator of exhibitions at the Maritime Mu-

Potential tours

The exhibit has already made its way to Charlottetown and several museums in Nova Scotia. Lunn said fundraising efforts are underway to help send the exhibit to more museums in Nova Scotia and across Canada.

But when Cuba broke a promise to provide refuge, the ship searched for other countries to take those seeking a safe haven, only to be denied again and again, including by Canada — its last hope.

The passengers eventually ended up in the Netherlands, Belgium and France, which became overrun by the Nazis, as well as Great Britain.

About a quarter of them died in death camps.

"At first, it was a very happy voyage," said Lunn in an interview at the museum, pointing to a photo of two passengers blissfully smiling as they leaned out of a porthole.

"But when it became apparent that there was no way

they could avoid going back to Europe, people started to panic. Suicide attempts were made."

The Ship of Fate exhibit, which will be housed at the Museum of Industry in Stellarton until the end of January, includes a metre-long model of the St. Louis and 11 traditional display panels that tell the little-known story of the voyage.

Visitors can use interactive kiosks to read scanned documents associated with the ship.

Debra McNabb, director of the Museum of Industry, said it's vital to reflect upon the negative aspects of Canadian history.

"It's important for our understanding of ourselves," she said. THE CANADIAN PRESS

N.S. going ahead with MV Miner removal



The MV Miner CAPE BRETON POST

Nova Scotia's transportation minister says the province will remove a shipwreck from a protected area off Cape Breton with or without Ottawa's help.

Geoff MacLellan says the provincial government is still hoping for federal funding to help remove the MV Miner, but it plans to remove the 230-metre ship anyway before fishing season begins in May.

MacLellan says federal officials have not changed their position that responsibility for the removal rests with the ship's owner.

He says he's yet to meet with federal Transportation Minister Lisa Raitt but hopes to early in the new year once the province has a removal plan in place with a salvager and cost estimates.

MacLellan says he will then make a case that the wreck is a navigational hazard and Ottawa should help fund its removal and implement changes to Canadian shipping laws to prevent similar accidents from happening.

The MV Miner became stranded in 2011 after a line snapped in rough seas. THE CANADIAN PRESS

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Spring thaw. Nenshi says Calgarians are mentally ready for next high water

Calgary's physical defences against flooding will be only marginally better by next spring, but Mayor Naheed Nenshi believes the city is psychologically prepared to deal with another major high-water event, should one occur in 2014.

"Of course, if we had another incident like this, it would be psychologically devastating, but I think we've built up human resilience in addition to physical resilience," Nenshi told Metro in an interview.

"One thing I didn't talk about much during the flooding – but was always just below the surface of the work that I was doing – was the mental and emotional well-being of people," the mayor added. "One of the reasons I pushed so hard to encourage people to volunteer

Calgary's psyche

"We've built up human resilience."

Naheed Nenshi, Calgary mayor, speaking of Calgarians' strength after spring floods.

teer and to help out neighbours and strangers wasn't just to get the basements cleaned up more quickly. It was actually so that people who, in the worst period of their lives, when they were feeling so beaten down, would know they live in a community where others care about them."

City manager Owen Tobert noted, however, that the city still has lots of post-flood work to do on projects like riverbank reinforcements and resources are limited.

ROBSON FLETCHER/METRO IN CALGARY



Calgary Mayor Naheed Nenshi addresses media during the flooding crisis in June. METRO FILE

Toronto police

Cops sued for alleged racial profiling

Four black Toronto teenagers who were stopped by police and thrown in jail two years ago have filed a lawsuit against the officers alleging they were targeted because of their race.

The plaintiffs allege the officers had no reasonable or probable grounds to believe they had committed an offence on Nov. 21, 2011.

A statement of claim alleges the officers who stopped the teens "acted with ... racial bias, malice and bad faith." None of the allegations have been proven in court.

THE CANADIAN PRESS

Canadian prisons

Inmates more likely to get HIV, study shows

A new study suggests federal and provincial inmates are more likely to be infected with HIV because of the lack of adequate treatment in facilities where syringes are shared.

Researchers at the BC Centre for Excellence in HIV/AIDS say authorities need to urgently improve treatment and promote programs such as needle exchanges.

The study conducted between May 1996 and March 2012 regularly interviewed 657 inmates who were HIV positive and used injection drugs. THE CANADIAN PRESS

Moore apologizes for hungry child remark

'Insensitive.' Industry minister changes tune from 'out of context' to sorry after full radio clip posted online



Federal Industry Minister James Moore apologized on Monday for making an "insensitive" comment to a reporter last week that child poverty is not Ottawa's problem.

"Is it my job to feed my neighbour's child? I don't think so," he chuckled to a Vancouver News1130 radio reporter, after saying the federal government is not going to "usurp the province's jurisdiction" over addressing child poverty.

At first, the B.C. MP insisted his comment had been taken out of context and also claimed the quote was inaccurate, but after the radio station posted the full audio clip on its website, he changed his tune.

"Caring for each other is a Canadian ethic that I strongly believe in — always have and always will," he said in a blog post published on his website on Monday.

B.C. has the highest child poverty rate in the country, at 18.6 per cent compared to the national rate of 13.3 per cent, according to advocacy group First Call.

Adrienne Montani, B.C. co-ordinator for First Call, said Moore's apology did not go far enough.

"He has a role as minister of industry to look at what kind



Industry Minister James Moore speaks in the House of Commons in October. ADRIAN WYLD/THE CANADIAN PRESS FILE

In a tight spot

The Harper government scrambled to shove a genie back into the bottle as one of its most sure-footed cabinet ministers made insensitive comments about hungry children.

- Finance Minister Jim Flaherty defended the government touting its reduction of taxes to address income inequality. "We did the Working

Income Tax Benefit, which people in that area of work will tell you was the most important tax reform for persons with limited income since the 1950s," he said.

- The NDP and Liberals called Moore's comments callous and heartless. They accuse the government of failing hungry kids and poor families.

Santa flanked by jets 'a lot of fun': Norad

The U.S. and Canadian military will entertain millions of kids again this Christmas Eve with second-by-second updates on Santa's global whereabouts. But there's something new this year: public criticism.

A children's advocacy group says an animated video on the Norad Tracks Santa website injects militarism into Christmas by showing fighter jets escorting Santa's sleigh. It's a rare swipe at the popular program,

which last year attracted a record 22.3 million unique visitors worldwide to its website.

The kerfuffle erupted over a 39-second video on noradsanta.org called Norad Tracks Santa Video 2013.

A 5-second segment of the video, also available on YouTube, shows two fighter jets flanking Santa.

The Boston-based Campaign for a Commercial Free Childhood said the video brings

violence and militarism to a beloved tradition. Blogs and Twitter also lit up with volleys from both sides.

U.S. Navy Capt. Jeff Davis, a Norad spokesman, said he disagrees.

"We really do feel strongly that it's something that is safe and non-threatening, and not something that would negatively impact children," he said. "In fact, we think that it's a lot of fun." THE ASSOCIATED PRESS



A volunteer takes children's calls in the 2012 Norad Tracks Santa Operation. THE ASSOCIATED PRESS FILE

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Education for Saudi women is improving, but jobs still limited

Women's rights.

Although females make up almost 58 per cent of grads, women hold only a third of jobs in the public sector

Within their female-only campuses, women at Saudi Arabia's universities let loose. Trendy sneakers, colourful tops, a myriad of hairstyles.

In their bags, the textbooks vary, but one item is mandatory: a floor-length black abaya robe that each must cover herself with when she steps through the university gates back to the outside world of the kingdom.

Saudi Arabia has spent billions of dollars to improve women's education, part of a broader drive to em-



A veiled woman walking on Monday in Mecca, Saudi Arabia, where society is governed by a mix of ancient customs and conservative interpretations of Islam. Most women cover their face and by law must wear long flowing black abayas in public. AYA BATRAWY/THE ASSOCIATED PRESS

power young Saudis for the marketplace. That has meant improved campuses, better facilities and research programs and a slight expansion

in the curriculum for women. For years, Saudi King Abdullah has been making startling, if incremental, moves to ease restrictions on women

in the kingdom, where the word of strict ultraconservative Wahhabi clerics is virtually law.

But a look inside the



A sign at a university in Riyadh telling women what clothing is appropriate. THE ASSOCIATED PRESS

Quoted

"Education itself will not change things ... They can be PhD's, but not know their rights."

Aziza Yousef, professor at the women's college of King Saud University
Yousef says that Saudi women must be educated in a culture of rights.

by a web of customs and religious strictures. They are ruled by the whim of male relatives whose permission is required for a woman to work, get an education or travel under "guardianship laws."

"No matter what happens, women are still bound by male guardianship laws and strict cultural norms," said Aziza Yousef, a professor at the women's college of King Saud University.

THE ASSOCIATED PRESS

U.S. security

Gitmo prisoners transferred

Two Guantanamo Bay prisoners have been transferred to Saudi Arabia as part of a renewed effort to close the offshore U.S. prison.

U.S. officials say the two Saudis have been transferred to the custody of their own government after a security review.

Neither man had been charged with a crime. U.S. records show both were suspected members of al-Qaida and were considered to be at high risk of rejoining the terror group if released.

THE ASSOCIATED PRESS

France

Lab meat sold for eats

Meat from horses used in laboratory procedures was illegally sold as fit for human consumption and landed on French dinner tables, authorities said Monday.

The complex case raised new concerns about how France, with its rich culinary renown, polices its food supply. THE ASSOCIATED PRESS

Friends say fake signer was part of murder mob



Thamsanqa Jantjie, the bogus sign language interpreter. ITUMELENG ENGLISH/ THE ASSOCIATED PRESS FILE

The bogus sign language interpreter at last week's Nelson Mandela memorial service was among a group of people who accosted two men found with a stolen television and burned them to death by setting fire to tires placed around their necks, one of the interpreter's cousins and three of his friends said Monday.

But Thamsanqa Jantjie never went to trial for the 2003 killings when other suspects did in 2006 because authorities determined he was not mentally fit to stand trial, said the four. They insisted on speaking anonymously because of the sensitivity of the fake signing fiasco, which has deeply embarrassed South Africa's government and prompted a high-level investigation into how it happened.

Their account of the killings matched a description of the crime and the outcome for Jantjie that he himself described in an interview published on Sunday by the Sunday Times newspaper of Johannesburg.

"It was a community

year, the four said, and then returned to live in his poor township neighbourhood on the outskirts of Soweto. At some point after that, they said, he started getting jobs doing sign language interpretation at events for the governing African National Congress Party.

Jantjie told the AP last week he has schizophrenia and hallucinated, seeing angels while gesturing incoherently just three feet away from President Barack Obama and other world leaders during the Tuesday ceremony at a Soweto stadium. Signing experts said his arm and hand movements were mere gibberish.

An investigation is under way by South African officials to determine who hired Jantjie as the onstage interpreter at the Mandela memorial service and if and how he received security clearance. The officials have not said how long their investigation will take place, and reaching them for updates was difficult Monday, a public holiday in South Africa.

THE ASSOCIATED PRESS



Record appeal for Syrian aid

A Syrian man cries while holding the body of a child killed Sunday following a Syrian government airstrike in Aleppo, Syria. The exodus of millions of people from Syria prompted a record appeal by the UN on Monday for \$6.5 billion to help the displaced. ALEPO MEDIA CENTER, AMC/THE ASSOCIATED PRESS

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Soaps. FDA wants makers of antibacterial products to prove safety, efficacy

After more than 40 years of study, the U.S. government says it has found no evidence that common antibacterial soaps prevent the spread of germs, and regulators want the makers of Dawn, Dial and other household staples to prove that their products do not pose health risks to consumers.

Scientists at the Food and Drug Administration said Monday they are revisiting the safety of triclosan, the sanitizing agent found in soap in countless kitchens and bathrooms. Recent studies suggest triclosan and similar substances can interfere with hormone levels in lab animals and spur the growth of drug-resistant bacteria. The government's latest ruling lends new support to outside researchers who have long argued the chemicals are, at best, ineffective and at worst, a threat to public health.

THE ASSOCIATED PRESS

Quoted

"The FDA is ... asking industry to show us that these products are better than soap and water."

Stuart Levy of Tufts University medical school

Market Minute



DOLLAR
94.46¢
(+0.08¢)

Natural gas: \$4.27 US (-\$0.01)
Dow Jones: 15,884.57 (+129.21)



TSX
13,184.41 (+58.71)

OIL
\$97.48 US (+\$0.88)

GOLD
\$1,244.40 US (+\$9.80)

Majority of Canadians felt strapped for cash in 2013



Canadians did not feel flush with cash this year. THE CANADIAN PRESS

Haves and have-nots.

Albertans were most likely to feel better off, while Quebecers were feeling the squeeze

Sun Life Financial says 2013 wasn't a great year financially for most Canadians.

An Ipsos Reid survey conducted in November for Sun Life found that, overall, 57 per cent of Canadians felt they were not any better off financially than they were a year ago.

Those feelings were even stronger among women and those aged 55 and older,

A down year

57%

The majority of Canadians felt they were not better off financially in 2013.

with 61 per cent of both groups saying their financial position had not improved year over year.

On the flip side, 38 per cent of those surveyed did say their finances had improved compared with a year ago.

Albertans were most likely to say they felt better off, at 47 per cent, followed by those in Saskatchewan and Manitoba, at 45 per cent, and Atlantic Canadians at 43 per cent.

Quebecers were least likely, with 63 per cent saying their financial position was no better than a year ago.

"It's concerning that a majority of Canadians aren't feeling better off financially than they were last year as we head into a holiday season where we tend to spend more and save less," Sun Life president Kevin Dougherty said of the results.

THE CANADIAN PRESS

Collabo Innovations Inc.

Panasonic assigns patent-portfolio to Ottawa firm

Panasonic Corp. will assign about 900 patents and patent applications to a new subsidiary of Wi-LAN Inc., the Ottawa-based patent

licensing firm announced Monday. The patents will be assigned to Wi-LAN's new subsidiary, Collabo Innovations Inc.

Wi-LAN says the deal is a new area of focus for its business, which licenses intellectual property to companies that use the technology in their products.

THE CANADIAN PRESS

\$620M US

EU funding new rail technologies

The executive arm of the European Union says it will give US\$620 million to a research program trying to develop new railroad technologies by 2020.

The European Commissi-

sion said in a statement it will fund the program, together with companies active in the railway industry including Siemens, Thales and Alstom. The program has targets for designing better trains, developing traffic management software, improving track infrastructure, and improving connections. THE ASSOCIATED PRESS

CREA prediction

Housing market to stay strong in 2014

The Canadian housing market is expected to be even stronger in 2014, while sales of previously owned homes will come in slightly better than expected this year, ac-

cording to the country's largest real estate association.

The Canadian Real Estate Association's 2013 sales projections have been increased slightly upward in Ontario and the four western provinces. It says prices have been generally firmer than expected.

THE CANADIAN PRESS

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FACEBOOK BUTTONS WE WOULD 'LIKE'

What's not to like about Facebook? Plenty of things.

For years, users have been clicking the thumbs-up icon to show their approval on everything from vacation photos to music videos to engagement announcements. But what happens when we come across those news-feed items that aren't so likable?

Facebook engineer Dan Muriello recently announced that the global social media site is experimenting with a new "sympathize" button to provide an alternative option to the iconic "like." I can think of a number of appropriate occasions to use this new option, especially for melancholy posts about breakups, deaths or other personal tragedies. The "sympathize" button would also work well when used to express a comical "I've been there man" on a status update about an epic hangover.

It may be some time before this new feature pops up on



SHE SAYS
Jessica Napier
metronews.ca

our screens, but in the meantime I'd like to propose some additional new tools that those software engineers might want to consider. Here are my top five most wanted Facebook buttons:

The "dislike" button. Realistically, the much-discussed "dislike" button will never actually appear on the social networking site, but it's nice to dream. I know the potential for cyberbullying would be atrocious — but I'd love to have the option to give an enthusiastic thumbs-down to yet another Rob Ford video.

The "seriously?" button. This button would be reserved for all those racist and homophobic outbursts or generally ignorant remarks that make you cringe and wonder how you are even possibly friends with this individual. Also appropriate to use on any overtly suggestive bathing-suit photos and lengthy status updates full of hashtags.

The "OMG, if I see another picture of this baby, I'm going to

lose my mind" button. OK, this one is pretty self-explanatory. Lately my news feed looks like a never-ending photo stream of offspring and it needs to stop. One or two snapshots of your newborn are lovely; posting a fresh 50-photo album every time the little tyke masters a new facial expression is completely gratuitous.

The "nobody cares" button. A special feature designed for those users who don't seem to understand that over sharing the daily minutiae of your mundane life isn't appropriate on Facebook (that's what Twitter is for). I'm looking at you, people who post multiple status updates whining about their flu symptoms in excruciating detail.

The "vomit face" button. Sometimes nothing can encapsulate your feeling of total disgust like a putrid green "I'm about to vomit" emoticon, which would be best suited for obnoxious humble brags, cheesy couple selfies, overly emotional song lyrics and anything to do with Robin Thicke. Bleugh.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

The *really* old game of cat and mouse



THE ASSOCIATED PRESS FILE

Domestication process verified

A cat-and-mouse game played out in a Chinese village some 5,300 years ago is helping scientists understand how wild felines transformed into the tame pets we know today.

In fact, it was the cat's appetite that started it down the path to domestication, scientists believe. The grain stored by ancient farmers was

a magnet for rodents. And that drew wild cats into villages to hunt the little critters. Over time, wild cats adapted to village life and became tamer around their human hosts.

That's the leading theory, anyway, for how wild cats long ago were transformed and became ancestors of today's house cats. That happened in the Middle East, rather than China. But bones from the Chinese village back

up the idea that felines took on the pest-control job in ancient times, says researcher Fiona Marshall of Washington University in St. Louis.

The study, focused on an agricultural village in northern China, comes from a poorly understood time in the history of cats. The first evidence of domesticated cats comes much later, in Egyptian artwork from about 4,000 years ago.

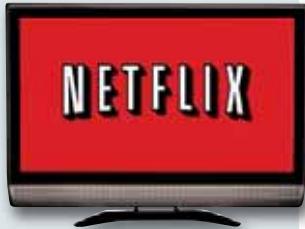
THE ASSOCIATED PRESS

5,300 years ago in China

- It's not yet clear whether the cats were from a local wild population, or were already domesticated and had been brought in from elsewhere. Either way, it shows that ancient cats filled the niche at the heart of the hypothesis about how domestication began.

WE WANT TO HEAR FROM YOU:
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CONTRIBUTED

According to a study released by Netflix, you are indeed not the only person who spent an entire weekend watching *Breaking Bad*. In fact, more than 60 per cent of subscribers are binge-watchers, to the tune of 2.3 episodes per sitting. Here are some shows that will allow you to continue the habit — at least until *Better Call Saul* arrives.

Twin Peaks:

It seems a little silly to recommend a pop-culture staple, but everybody knows someone who has been affected by having never watched the immortal cult classic about a supernatural murder mystery in a rugged town inhabited by a surplus of unsavoury weirdos. Decide for yourselves if you want to add the movie to your experience.

Terriers:

A short-lived but much-missed buddy-cop series that sadly managed to squeak out but one season before collapsing under the weight of dismal ratings. Whether poor marketing or a too-crowded market is to blame

for its premature demise, *Terriers* deserved better. Thankfully, the single-season arc ends about as perfectly as one could hope.

Justified:

Since *Deadwood*, Timothy Olyphant has nailed the swaggering, handsome lawman shtick. That shtick is honed to a knife's edge as he plays Raylan Givens, a U.S. marshal rustling up ne'er-do-wells in his childhood stomping grounds of rural Kentucky. *Justified* tends to be overshadowed by prestige "Golden Age" shows, but reliably clever writing usually makes it far more entertaining than most hours of *Mad Men*.



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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Hating on bad history? Reign stars don't mind

McQueen for a queen.

Cast of much-criticized show argue they're just making a teenage drama — plus they get to wear haute couture, so there

MICHELLE
CASTILLO
Metro World News

The stars of *Reign* have heard all the criticisms about the historical inaccuracies the show — and that is completely fine with them.

"Anybody's certainly welcome to do the historically accurate take on it, but that quite frankly isn't our show.... There's been a lot of criticism about that, but at the end of the day we're making a bit of a fantasy," Torrance Coombs, who plays the role of Sebastian, explained.

"We're making a teenage drama," Adelaide Kane, who plays Mary, Queen of Scots, added. Kane admitted that she used to get defensive when people spoke out against the show, but decided to stop reading all the hate. She's having more fun working with the cast and crew, wearing extravagant clothing and portraying one of the most notorious nobles that has ever existed.

Kane only knew the basics about Mary, Queen of Scots, before signing on to *Reign*. She had been auditioning for different shows for the CW network when she heard about the show. After submitting a video diary explaining who she was and channelling her father's Glaswegian accent, the producers selected her to play the



Adelaide Kane plays Mary, Queen of Scots, on *Reign*. CONTRIBUTED

main role before the audition process even started.

Her co-star Coombs knew very little about the legend as well, but he had some experience playing nobility from his role of Thomas Culpepper on *The Tudors*. He admitted that arriving on set felt like a "homecoming" of sorts, until he noticed the differences in characters and mood of the show — and a notable lack of nudity.

He said *Reign*'s elaborate costumes helped transform the 21st century actors into 16th century royalty. Costume designer Meredith Markworth-Pollack, whose past credits in-

clude *Gossip Girl* and *Hart of Dixie*, garbs the actors and actresses in designers like Alexander McQueen and Saint Laurent Paris.

Kane says the corsets can get annoying and needing help to get into her outfits can be a pain. Still, she's enjoying every minute of it.

"I get to wear haute couture that I would never normally wear," Kane said. "Like I'm not going to the Emmys, not a debutante, you know. I don't get to wear casual Alexander McQueen haute couture every day, so that's been amazing. And, you just get to wear leather a lot. Lots of leather."

Quoted

"(At) the end of the day we're making a bit of a fantasy." Torrance Coombs, who plays Sebastian on *Reign*

But, when the cameras stop rolling, Kane slips into her jeans and flats. The actors admit no one has any problems returning to the modern era. Cellphones and coffee cups are hidden just out of view.

"It's pretty hilarious," Kane added. "Yeah, everybody pulls their phones out of their boots or out of their corsets or whatever."

DVD review



Prisoners

Director. Denis Villeneuve

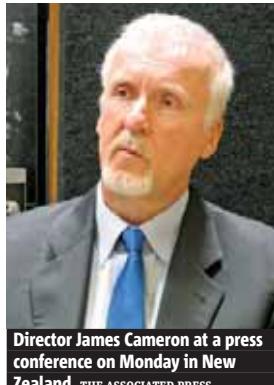
Stars. Jake Gyllenhaal, Hugh Jackman, Terrence Howard, Viola Davis, Paul Dano

• • • •

The first U.S. feature by Quebec's Denis Villeneuve (*Incendies*) is a superb child kidnap thriller set in suburban Pennsylvania that uncoils with a serpent's stealth — and strikes just as suddenly. There's no way to prepare for what's about to happen to this comfortable neighbourhood, and also to everybody's notion of what's right and what's wrong in desperate circumstances. Hugh Jackman is a frantic dad, prepared to resort to vigilante justice to find his missing six-year-old daughter. Jake Gyllenhaal is a square-jawed cop fighting the clock, legal bureaucracy and rising anger. The two lead a strong cast that also includes Terrence Howard, Viola Davis, Paul Dano and Melissa Leo. A runner-up audience award winner at TIFF 2013, *Prisoners* is a potent commentary on modern life and fears and a triumph for Villeneuve. Extras include cast interviews and making-of featurettes.

PETER HOWELL

First of three Avatar sequels due in 2016



Director James Cameron at a press conference on Monday in New Zealand. THE ASSOCIATED PRESS

James Cameron says his vision for his three *Avatar* sequels is to create a family epic in the mould of *The Godfather* that will introduce viewers to new cultures and go underwater on his fictional moon Pandora.

The director announced Monday he will be filming the sequels in New Zealand, where he shot the triple Academy Award-winning original. In an interview with The Associated Press, Cameron also talked about life on a New Zealand farm, where he's growing walnuts and allowing his children to roam.

Cameron, 59, said he plans to release the first sequel in 2016, seven years after the release of *Avatar*, which has become the highest-grossing film in history with a box office take of nearly \$2.8 billion US.

He said a core team has been developing new software for the sequels even while he's been gone on other projects, including 18 months planning an 11-kilometre descent to the deepest part of the ocean, which he successfully completed last year.

"It's going to be a lot of new imagery and a lot of new

environments and creatures across Pandora," he said. "We're blowing it out all over the place. At first I thought I was going to take it onto other worlds as well, in the same solar system, but it turned out not to be necessary. I mean the Pandora that we have imagined will be a fantasy land that is going to occupy people for decades to come, the way I see it."

Cameron said the films will explore different Na'vi cultures as well as the cultures of other Pandora creatures.

THE ASSOCIATED PRESS

A Sully dynasty?

- Cameron noted that the first movie focused on the main character, Jake Sully. "It was very Jake-centric. His story seen through his eyes," he said. "We spread it around quite a bit more as we go forward. It's really the story of his family, the family that he creates on Pandora. His extended family. So think of it as a family saga like *The Godfather*."



Prince Harry. ALL PHOTOS GETTY IMAGES

So a smelly prince walks into a bar in Antarctica...

As Prince Harry continues his epic trek in Antarctica, he could really use a drink. But life, he's learning, is full of disappointments. Harry and his hiking buddies — including Dominic West and Alexander Skarsgård — arrived at a bar at McMurdo Station only to be denied service, according to Radar Online.

"They were denied (drinks)," a source says. "Only staff and employees are allowed alcohol and tobacco." It probably didn't help matters that Harry and company weren't at their most presentable. "All three were very smelly and scruffy," the source adds. "They are only allowed two two-minute showers per week."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What funny rumours have the stars heard about themselves?

MEREDITH ENGEL

Metro World News in New York City

We were on the red carpet at this year's Jingle Ball concert at Madison Square Garden, where Miley Cyrus, Robin Thicke, Macklemore, Enrique Iglesias and many other stars took the stage. So many big stars in one room means many opportunities for misinformation, so we decided to help the stars out — we had them clear up the silliest rumour they've heard about themselves.

Ryan Seacrest

What is the funniest story you have ever read about yourself?

That I can sing!

You can't sing?

I cannot sing. Just rap.

Snooki

What is the funniest story you have ever read about yourself?

That I dated Drake.



JWoww: How was it?
Snooki: It was great!

Kellan Lutz
What is the funniest story you have ever read about yourself?

I don't know how to read, so I don't know how to answer that question. No, I'm joking.

Dr. Oz

What is the funniest story you have ever read about yourself?

There was an article that I was having an affair with Oprah.

Of all people! What did you think?

It was a crazy idea.

WITH FILES FROM MAJA LUNDAGER



Rebel Wilson

Rebel and Melissa don't plan to size down

Rebel Wilson and pal Melissa McCarthy are leaning on each other to resist pressures from Hollywood about their weight, according to Star magazine. "Neither one of them is trying to lose weight, and they've formed this little support group to keep each other from falling into the skinny Hollywood trap," a source says of the Bridesmaids co-stars. "Obviously, they could both snap their fingers and lose the weight

because of the resources they have available to them — which could include everything from personal trainers to lap band surgery — but right now they're agreeing with each other that they have to hold the line and provide a positive image for overweight girls everywhere. There will be plenty of time for dieting years from now, but Rebel and Melissa are determined to stay at their current sizes for now."



Susan Sarandon

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Walter
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Hungover, but healthy

**ROMINA
MCGUINNESS**
Metro World News

1. Replenish lost fluids

Alcohol functions as a diuretic, pulling the water out of your body.

"When this happens, you lose a lot of electrolytes (calcium, potassium and magnesium), and that's one of the reasons we feel terrible," says London-based nutritional therapist Gabriela Peacock. "Water gets transported back into your bloodstream much more

quickly if the electrolytes are present. So the best way to rehydrate is to get these back in your system by drinking something containing these, such as coconut water."

7. Scrub away the dirt

"I love sonic cleansing systems, such as the Clarisonic brush, because I really feel they help exfoliate and give the skin great glow," says Jaliman.

"If you don't have a brush, pick a gentle exfoliator, making sure it contains glycerin or ceramides, and spend about two minutes washing your face to get rid of all the grime."

6. Freeze your face

"Always keep gel ice packs in the freezer as this helps take out puffiness from under the eyes after a hard night out," says LA-based dermatologist Dr. Debra Jaliman, author of *Skin Rules*. "You can also

take an over-the-counter antihistamine like Benadryl or apply an eye cream that contains caffeine (it constricts the blood vessels and decreases the blood flow under the eye) to improve the appearance of dark circles."

Best Health

Stay healthy on vacation



**BEST HEALTH
MINUTE**
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, freelance writer Lisa Evans looked at ways to ensure a happy and illness-free holiday. Here are just a few of her tips:

En route

Avoid germs, stay hydrated

and step lively. Pack a small bottle of hand sanitizer in your carry-on if you're flying, and antiseptic wipes if you want to clean the arms of your seat, your seat-back tray or the handle of the bathroom door. Also, since cabin air is dry, avoid dehydration by drinking plenty of water. To keep your blood circulating, get up and walk around periodically.

At your destination

Eat and drink wisely. Consider packing a multivitamin if your destination

has limited supplies of fresh fruits and vegetables. Depending on where you go, eat fruit only if you can peel it. All-you-can-eat buffet? Make sure you eat a protein-packed breakfast,

2. Eat eggs and avoid a comedown

"Eggs contain high levels of protein and sulphur, two

things that help get the toxins out of the liver," says Peacock. "The high protein content also increases the production of serotonin, a neurotransmitter in the brain that helps elevate our moods. So if you're feeling cranky after a night out, eating an egg helps. They're also a great source of B vitamins (depleted when we drink) that the liver needs in order to break down the ethanol."

3. Purify your insides

"Kale, broccoli, artichoke... these are all fantastic for liver regeneration," Peacock tells us.

Try steaming them and sprinkle with some spices.

"Turmeric and cinnamon stimulate the liver and ginger helps beat nausea."

4. Drink to de-puff

"Alcohol causes bloating, so drink some lemon-and-parsley (an anti-inflammatory) infused water to de-swell. Fill up two bottles of the pre-prepared brew, and keep one by your bed (for when you get home) and one in the fridge (for when you wake up)," Ary Nunez, Rihanna's personal trainer, said.

close your eyes and spend about 10 minutes breathing through your nose (the most efficient way of circulating oxygen) to figure out how you're feeling," says Nunez. "If you can make it to the gym, go to a one-hour spinning class."

water with lemon juice.

Don't take a break on exercise

Have an active vacation by taking advantage of fitness activities at your destination, and even just long walks on the beach. It'll help you stave off those extra pounds that are easy to put on during holidays. You'll also sleep better — and vacations are for relaxing, after all.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



5. Go for a spin (if you can stand up straight)

If you're feeling queasy, you need to evaluate if you can actually move.

"Sit up straight (in your bed) and cross your legs. Now



Getting sick over the holidays is one stress you don't need. ISTOCK PHOTOS

Give that canned chef the boot with your own beefy pasta



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

1. Preheat oven to 425 F. Light-

Ingredients

8 oz small-shell pasta

Meat Sauce

- 1 tsp vegetable oil
- 2/3 cup finely chopped onion
- 1 1/2 tsp finely chopped garlic
- 8 oz lean ground beef
- 1 cup tomato sauce
- 1 1/4 cups canned evaporated 2% milk
- 3/4 cup low-sodium beef stock
- 1/2 tsp Dijon mustard
- 2 tbsp all-purpose flour
- 1/2 cup shredded aged cheddar cheese
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 2 tbsp chopped parsley



This recipe serves six. ROSE REISMAN

ly coat a 9- x 13-inch casserole dish with cooking spray.

2. Bring pot of water to boil. Add pasta and cook 10 minutes or until tender but still firm. Drain; place in casserole dish.

3. Meat sauce: Heat vegetable oil in skillet over medium heat. Add onion and garlic and sauté 4 minutes or until softened. Add ground beef and cook, stir-

ring to break up meat, 4 minutes or until no longer pink. Stir in tomato sauce, cover and cook 5 minutes. Set aside.

4. Cheese sauce: Combine milk, stock and mustard in saucepan. Slowly whisk in flour. Place over medium heat and stir until mix begins to boil. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce is slightly thickened. Stir in cheddar cheese and half the Parmesan cheese and stir until melted. Remove from the heat and add to the meat sauce.

5. Pour sauce over the cooked pasta and stir to combine. Sprinkle with remaining Parmesan and bake in the pre-heated oven for 10 to 15 minutes or until completely heated through. Garnish with parsley.

Vegetarian with a kick

Tomato pesto gives this meatless, cheesy pasta bake an extra tomato kick. It's great for serving a crowd, or bank the leftovers for another night for the family.

1. Preheat oven to 400 F (200 C). Grease 13 X 9-inch (3 L) glass baking dish.

2. In large pot of boiling salted water, cook pasta for 5 minutes; drain. Pasta will not be tender.

3. In large saucepan, heat oil over medium-low heat; cook onion for 8 to 10 minutes or until softened. Stir in garlic; cook for 30 seconds or until fragrant. Add tomatoes and their

Ingredients

- 1 pkg (454 g) PC Splendido Penne Rigate
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) chopped white onion
- 4 cloves garlic, chopped
- 2 cans (each 796 ml) San Marzano tomatoes
- 1 jar (270 ml) PC Splendido Tomato Pesto
- 1 ball (340 g) mozzarella cheese, shredded

Baked Tomato and Cheese Penne



This recipe serves 10. PRESIDENT'S CHOICE

juices. Using potato masher, crush them in the saucepan. Stir in pesto. Increase heat to medium; cook for 8 to 10 minutes or until flavours have melded and sauce is hot.

4. In large bowl, toss pasta in hot sauce. Scrape into prepared baking dish. Top with shredded cheese. Bake uncovered for 15 to 20 minutes or until cheese is melted and browned.

COURTESY PRESIDENT'S CHOICE

Health Solutions

Everybody say, 'goat cheeese'



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

oil, minced garlic and chopped olives. Warm for 10 minutes and serve as spread.

- Place a chunk of feta on a platter, surround with walnuts, sprinkle with cinnamon and drizzle with honey.

- Goat's Brie goes remarkably well with pears and stout beer.

- Aged goat's cheddar is just as yummy as cow's. Think about serving it alongside apple pie.

Goat's cheese provides all of the calcium, phosphorus, riboflavin and vitamin A you want from your cheese but with that little extra zip.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Every party needs a cheese platter but it doesn't have to be boring or unhealthy.

Think about a theme that goes for the goat.

Goat's cheese isn't just the soft variety that started showing up on pizza in the '80s. Many varieties are now using goat's milk for its health and flavour benefits.

This dairy is both lower in fat and contains a more easily digestible, naturally homogenized protein.

Some fun ways to bump up your platter are:

- Soak a log of chevre in extra virgin olive



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Prepare for the pitfalls before spreading your snowbird wings

JOLT act. If it passes in Congress, more Canucks swapping snow for sun will face income and real estate tax bills, and more



YOUR MONEY
Alison Griffiths
money@metronews.ca

I've been a (working) snowbird in Florida for five years and love it. My husband and I feel very fortunate. But, like everything else, there's a learning curve.

Aside from learning how to live in two countries, there are tax and real estate considerations. This is especially true since the Jobs Originated through Launching Travel (JOLT) Act was proposed in the spring. Among other things, the act would extend the time Canadians

buying homes for \$500,000 or more can be in the U.S. without a visa from the current 182 days to 240.

The JOLT Act didn't make it through Congress this fall, but it's likely to pass on reintroduction if pressure to reduce the real estate benchmark and make tax changes is successful.

It will be great to have the flexibility. However, it could mean that more snowbirds are subject to U.S. income and estate tax because they will be deemed U.S. residents.

The formula for determining U.S. residency is a bit complex but essentially amounts to an average of 120 days annually over three years. That means some snowbirds are already considered U.S. residents but don't know it. The whole point of JOLT is to benefit the \$130-billion US travel industry. So I suspect that tax changes will be included when the act is eventually passed, otherwise Canadian snowbirds will steer clear of Uncle Sam by keeping their winter sojourns shorter.

And one more thing...

- **Health care.** Another important issue for snowbirds is health care. Provincial health plans don't cover you if you're out of the country more than six months and you may have to re-establish residency in order to qualify again.

In the meantime, anyone who spends an extended period of time in the U.S. and is not working or studying should file Form 8840, Closer Connection Exemption Statement for Aliens. Essentially, it's a declaration of Canadian residency.

Snowbirds should also maintain a log of when they cross the border and keep on hand copies of credit card statements, income tax assessments and property taxes, just in case there is a question about where you are a permanent resident.

Don't try to cheat! Next summer a new system will

track not only when you enter the U.S., but also your departure. The other issue for snowbirds owning a U.S. home is that if the Canadian owner or a joint owner dies, the U.S. property may be subject to estate tax, but only if you're wealthy.

Also, there may be Canadian tax on capital gains to be paid for a second home in the U.S. or tax on rental income. Canadians who bought property at bargain prices between 2008 and 2012 could make substantial gains if the market eventually moves back to more normal levels and if the loonie continues to slide.

Enjoying the snowbird life isn't as simple as it was years ago. But if you take your time, follow all regulations to the letter, use a U.S.-based lawyer for real estate transactions and keep on top of developments through organizations such as the Canadian Snowbird Association you'll find, as I do, that the winter-less life is really quite fine.

Only fools rush in ... to an overindulgent Xmas

Alison Sweeney. Host of *The Biggest Loser* is keen to set a good example for her kids by having a healthy, disciplined holiday

MAJA LUNDAGER PEDERSEN
Metro World News in NYC

We recently sat down with Alison Sweeney, host of

The Biggest Loser and the new leader of California Almonds' team of lifestyle experts, for a talk about health and holidays.

During our chat, one thing became clear: No Christmas miracle will save your weight. Whereas many resort to telling themselves that during the holidays calories don't count, Sweeney doesn't buy into that theory — and it shows in her food choices and the way she raises her

children.

"Getting carried away and looking at it like 'Oh, I'll figure it out later,' is not a good idea," she tells us. Her go-to snack at holiday parties is vegetables — just that. She wants to set a good example for her kids, she says.

"I have an 8-year-old and a 4-year-old and I want to instill in them healthy nutritional values. I want them to be used to making healthy choices themselves," Sweeney, who is also author of *The Star Attraction* and *The Mommy Diet*, says.

But that doesn't mean cutting out fun, period. "I don't want them to feel like they can never have something indulgent, but (I want them to) also know how to control their portions."

She doesn't understand why people would ever lie to themselves about what is healthy and what is not.

"You need to arm yourself with the information. If you want to eat (whatever you feel like eating), go for it, but go in knowing what you are really eating and how many calories are really in it. Don't let them fool you, don't

Goals for 2014

- **Question.** On Twitter Sweeney asked people what their 2014 healthy goals are. She shared her favorite answers with us:

"Some of the ones that I loved hearing people talk about were wanting to make healthier choices with their children. What can we do together as a family to work out? Lots of people responded that they want to get more sleep, which is definitely something I need to work on. I liked people talking about finding time to work out. It doesn't have to be all or nothing — if you can't make time for an hour-long workout, that doesn't mean you shouldn't do anything. You can still find 10 minutes to do some squats or lunges. Get something in."



fool yourself. Be honest with yourself about what you put in your body and maybe you will make better choices. At least you will make educated ones."

Sweeney reminds us that exercise doesn't have to be all or nothing. Do 10 minutes if you can't do an hour. GETTY IMAGE

TOP SIX @ 6

Weeknights at 6 KB counts down the HOTTEST songs of the day

101.3 THE BOUNCE

6 Rihanna What Now
5 Classified Pay Day
4 John Newman Love Me Again
3 Pitbull ft Ke\$ha Timber
2 One Direction Story of My Life
1 Eminem ft Rihanna The Monster

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Sports in pictures



1 College basketball.

Canuck named player of week Canada's Michelle Plouffe has been named NCAA player of the week by espnW. The senior forward from Edmonton is averaging 19.6 points and 11.4 rebounds a game this season. **THE CANADIAN PRESS**

2 NFL. 'Skins coach has no plans to resign

Washington Redskins coach Mike Shanahan said Monday it's "accurate" that he doesn't plan to quit after what will be his third losing season in four years. The Redskins are 3-11. **THE ASSOCIATED PRESS**

3 NFL. Source: Incognito out for rest of year

Miami Dolphins guard Richie Incognito will remain on the NFL's suspended list with pay for the rest of the season, including the playoffs, a person familiar with the situation said Monday. **THE ASSOCIATED PRESS**



Leafs captain Dion Phaneuf can't stop Chris Conner from scoring on Jonathan Bernier on Monday night in Pittsburgh. **GENE J. PUSKAR/THE ASSOCIATED PRESS**

Short-staffed Pens still prove mighty

NHL. With high-profile supporting cast on the shelf, Crosby keys Pittsburgh win over Maple Leafs

The steady stream of bold-faced names heading to injured reserve shows no signs of abating for the Pittsburgh Penguins.

Thankfully for the Penguins, neither is Sidney Crosby.

Crosby's 19th goal of the season broke a tie with just over six minutes remaining and Pittsburgh edged the Toronto Maple Leafs 3-1 on

On Monday

3	1
Penguins	Maple Leafs

Monday night for their fourth straight victory.

Chris Conner and Brandon Sutter also scored for the Penguins, who were playing without a number of regulars, including forward Evgeni Malkin.

"We keep finding ways," Crosby said.

"A lot has to do with the way

the (new guys) are playing."

Pittsburgh took the ice with a handful of players who have spent the majority of the season at Wilkes-Barre/Scranton of the American Hockey League and only one defenceman — Matt Niskanen — with more than one year of NHL experience.

It hardly mattered on a night the Penguins kept the speedy Maple Leafs in check. Marc-Andre Fleury stopped 25 shots for Pittsburgh to improve to 27-3 in his past 30 home starts. Pittsburgh has won four straight and nine of 10.

"It's a pretty unique situation," Niskanen said. "One rookie and five young guys playing.... These guys have been

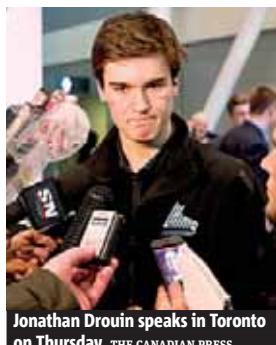
coming up and playing with confidence and doing a good job. That's exciting for the organization."

Morgan Rielly scored the first goal of his career for the Maple Leafs. Jonathan Bernier made 28 saves, but couldn't stop Toronto from losing for the fourth time in its past five games.

"We just weren't sharp," Maple Leafs coach Randy Carlyle said.

Kris Letang joined fellow defenceman Brooks Orpik (concussion), Paul Martin (broken leg) and Rob Scuderi (broken ankle) on the IR Monday with an upper-body injury of his own. **THE ASSOCIATED PRESS**

Drouin, Moose say appeal wasn't listened to by the Q



Jonathan Drouin speaks in Toronto on Thursday. **THE CANADIAN PRESS**

The general manager of the Halifax Mooseheads says an appeal request into a non-suspension ruling for a hit from behind on forward Jonathan Drouin was turned down by the QMJHL without it ever being heard.

Cam Russell said Monday the team put forward the request last week, but added he was told they were turned down because appeals are only heard for actual suspensions, not when a team believes one is warranted.

"It's disappointing. That's the best way to put it," Russell said of this latest decision by the QMJHL. "But it's time to move on."

The hit on Drouin, the team's star player, happened in a game Dec. 6 at the Metro Centre.

Drouin was hit by Quebec Remparts forward Adam Erne and was left bleeding from his forehead and later diagnosed with a concussion.

Erne earned a game misconduct and no further ac-

tion was taken by the QMJHL.

In response to there being no suspension, Russell told Metro on Dec. 8 he was "baffled" by the decision.

"Drouin goes head first into the boards, he's cut him open. Drouin misses that game plus another game. Don't ask me to explain it, because I can't," he said then.

"But I can say that it's sending the wrong message." **PHILIP CROUCHER/METRO**

4
SPORTS

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Pistons push Pacers to first loss at home

NBA. Indiana's inside game takes a holiday in 101-96 loss to Detroit

Detroit beat Indiana at its own game Monday night.

The Pistons were tougher inside, tougher on defence and tougher at fending off challengers.

On a night the Eastern Conference's best team looked like anything but, Josh Smith scored 30 points and Greg Monroe had 13 points and 12 rebounds to help Detroit send Indiana to a 101-96 loss — the Pacers' first

at home this season.

"It's impressive the way we came in and competed with the way the Pacers have been playing," Pistons coach Maurice Cheeks said. "We have a good basketball team."

Detroit (12-14) proved it with a nearly perfect game.

The Pistons dominated on the glass with a 55-40 overall advantage and a 20-9 edge on offensive rebounds. They matched the Pacers' shooting percentage of 43.2 per cent, had one more 3-pointer and nearly an identical shooting percentage on 3s (35.3 to 35.0), and outscored Indiana 44-38 in

the paint and 22-14 on second-chance points.

For a Pacers team that prides itself on defence and rebounding, it wasn't even close to their best.

Detroit (12-14) proved it with a nearly perfect game.

The Pistons dominated on the glass with a 55-40 overall advantage and a 20-9 edge on offensive rebounds. They matched the Pacers' shooting percentage of 43.2 per cent, had one more 3-pointer and nearly an identical shooting percentage on 3s (35.3 to 35.0), and outscored Indiana 44-38 in

THE ASSOCIATED PRESS



Ravens roar past Lions in Motown

Baltimore Ravens wide receiver Torrey Smith is stopped by Lions free safety Louis Delmas during second-quarter NFL action on Monday night in Detroit. Justin Tucker's six field goals, including his 61-yard boot late in the fourth quarter, gave the Ravens (8-6) a 18-16 win and control of the AFC wild-card race. Detroit (7-7) suffered its fourth loss in five games, hurting their post-season hopes. RICK OSENTOSKI/THE ASSOCIATED PRESS

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NFL

Bryant explains early departure

Dez Bryant made the rounds Monday trying to explain why he left the field early in Dallas's crushing loss to Green Bay.

The emotional receiver just couldn't watch the Packers take knee three times for a 37-36 victory after the Cowboys led 26-3 at halftime. He was afraid he was going to cry in front of the cameras, so he says he took the tears to the locker-room.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

There are times when it is right to back down but this isn't one of them. If you find yourself under attack today, stand up and fight back. Don't be intimidated by noise makers.

Taurus

April 21 - May 21

You may feel compelled to accept what is offered but if you are not happy with the terms, speak up or there will be trouble further down the line. You are not being selfish by holding out for more.

Gemini

May 22 - June 21

The full moon in your sign suggests at least one challenge is heading your way and it's important that you face up to it. Don't let anyone bully you.

Cancer

June 22 - July 23

Do others have your best interests at heart? Why leave it to chance? Money matters and business issues are a minefield, so tread carefully and make sure you are not being cheated.

Leo

July 24 - Aug. 23

You may be brave by nature but taking risks is best avoided today, especially on the home front where loved ones are unlikely to see the funny side of your pranks — and even less if they have to come and rescue you.

Virgo

Aug. 24 - Sept. 23

Someone will be aggressive towards you today. What have you done to deserve being treated harshly? Probably nothing but they may see it as getting you back for something you previously did. Let it pass.

Libra

Sept. 24 - Oct. 23

You can be persuasive at times but don't go too far and demand that people change their views. Communication is about the exchange of ideas, not forcing your ideas on those who clearly don't want them.

Scorpio

Oct. 24 - Nov. 22

Someone will give you a hard time today and you are not the sort to back down. However, if you find yourself battling someone in a position of power, don't take it too far.

Sagittarius

Nov. 23 - Dec. 21

If you know what is good for you, keep a low profile over the next 24 hours. A full moon in your opposite sign means you will encounter people who rub you the wrong way. You don't have to interact with them.

Capricorn

Dec. 22 - Jan. 20

Don't waste your time arguing about something that is trivial. If you find yourself losing your temper with someone who refuses to see sense, just turn your back and walk away.

Aquarius

Jan. 21 - Feb. 19

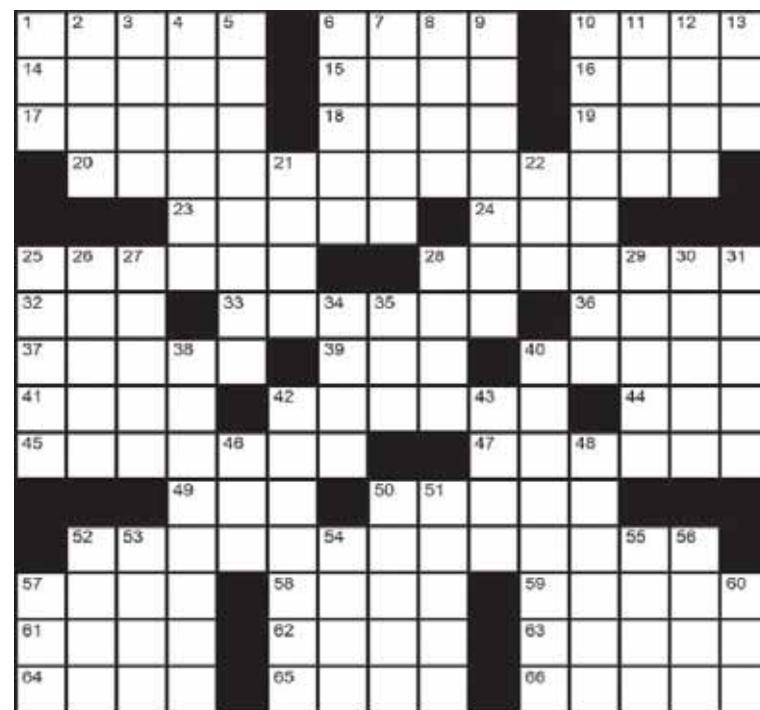
Today's full moon indicates that your differences with a certain person are too strong to pretend they do not exist. If a parting of the ways is necessary so be it. You'll be better off.

Pisces

Feb. 20 - March 20

Accidents will happen but that does not mean they have to happen to you. If you look for adventure, you will find it. It may be fun to begin with but later on it will be you who slips and falls. **SALLY BROMPTON**

Crossword: Canada Across and Down



1. "That's great!" 2 wds.
6. Catch
10. Cheerios uniform letters on FOX's "Glee"
14. John ___ (Tractor company)
15. Breadbasket item
16. Prefix to 'tude' (Elevation)
17. Opera highlights
18. Be goofy, ___ fool
19. Canuck coffee spot, to regulars
20. Members of this intergovernmental forum include Canada and Iceland: 2 wds.
23. Without a ___ stand on
24. "What?"
25. "Psst!" from above: 2 wds.
28. Maple Leafs great Doug
32. Society notice word
33. "We Three Kings of ___ Are"
36. Feminizing suffix
37. Paw parts
39. Canuck motorists org.
40. "And now, the ___ ..." - Paul Anka, "My Way"
41. ___ Space Museum of Calgary
42. Jeff ___, Animal Planet host
44. Hot season in Hull

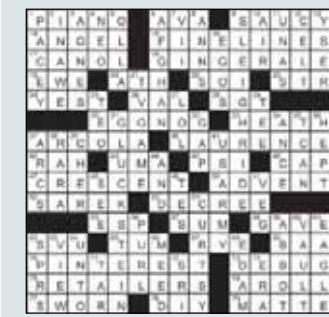
45. Surname of the Prime Minister who won the Nobel Peace Prize in 1957
47. ___ (How dishes are often sold)
49. Critical
50. Twin brother of Romulus in Roman mythology
52. Reason for some

53. Animal extinctions: 3 wds.
57. KISS ballad
58. Shoe parts
59. Stanley of "Julie & Julia" (2009)
61. Not fooled by: 2 wds.
62. Fort ___, ON
63. 1911 Edith Wharton novel, ___ Frome

64. On
65. Mail
66. ___ evil, hear...
5. Mythical setting of HBO's "Game of Thrones"
6. Land stretch
7. Celebrity chef Mr. DiSpirito
8. Sax sort
9. Acclaim
10. "Stereo" band from Winnipeg, The ___

Down
1. Harem room
2. Wife of Zeus
3. Skating great Johnny
4. Prophet

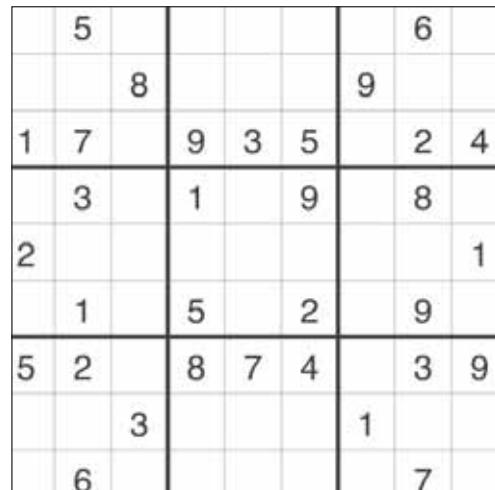
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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BY KELLY ANN BUCHANAN

11. Nero's 1052
12. WWW code
13. ___-boom-boom!"
21. Disney CEO, Bob ___
22. Void, in Paris
25. Open the bottle
26. Point ___ (Canada mainland's most southerly tip)
27. Supremes' "I ___ Symphony"
28. Chew
29. Waves: French
30. Join
31. Adjust anew
34. Picture
35. Hearer
38. North Pole: Santa's ___
40. Master bedroom must-haves
42. Phoenix players
43. Shakespeare's foot?
46. French possessive
48. Shrewd
50. River of Germany
51. Facilitated
52. Temporarily gave
53. Director Mr. Preminger
54. Fairway warning!
55. Be sore
56. Coast-to-coast road, famously
57. Designer gown accessory
60. She gave Odysseus a veil

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CITY (A/T): 9.7L/100KM

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BI-WEEKLY APR

+ DON'T PAY 'TIL SPRING* OR GET UP TO \$300^{\$}
EXTRA BONUS

Bi-weekly for 84 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$1,000 LOAN SAVINGS**. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of \$23,824.



Rio4 SX with Navigation shown^

2013
RIO SEDANHWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

WIN IT

OR
OWN IT FROM \$80* AT 0%
BI-WEEKLY APR

+ DON'T PAY 'TIL SPRING* OR GET UP TO \$200^{\$}
EXTRA BONUS

Bi-weekly for 84 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$900 LOAN SAVINGS**. Offer based on 2013 Rio Sedan LX MT with a purchase price of \$15,429.

OFFER ENDS JANUARY 2ND

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YOU COVERED
5-year/100,000 km
worry-free
comprehensive
warranty.



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